



GREEN PEPPERS, FRESH

Date: April 2009

Code: F190

PRODUCT DESCRIPTION

- Fresh green peppers are U.S. No. 1 or better mature, green peppers.

PACK/YIELD

- Fresh green peppers are packed in a 1-pound bag. There are about 3 medium green peppers in 1 pound. 1 green pepper is about 1 cup of chopped green peppers.

STORAGE

- Green peppers should be stored in the refrigerator.
- Green peppers can be stored in a plastic bag, loosely tied or knotted: make sure peppers are dry before storing. Green peppers can be stored in the refrigerator for up to 2 weeks.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Once washed, remove stem, seeds, and pulpy part before eating raw or cooking.
- To boil: Cut peppers into pieces. Add to boiling water, reduce heat and cook for about 5 minutes, depending on the size of the pieces.
- To bake or roast: Cut peppers into pieces. Place on a baking sheet coated with cooking spray and bake or roast at 400 degrees F for 30 minutes or until peppers are browned and soft.
- To microwave: Cut pepper into slices and place in a microwave-safe dish. Cover and cook on high for 3 minutes. Stir once through cooking time.

USES AND TIPS

- Green peppers can be eaten raw or cooked.
- Raw green peppers can be eaten plain as a snack or an appetizer, and sliced or chopped to add to salads.
- Slice green peppers into sticks and dip in low-fat dressing or other low-fat dip.
- Green peppers can be cooked using many different methods, and are often added to dishes like stir-fries, casseroles, omelets, soups, and stews.
- Since they are firm on the outside, green peppers can be "stuffed" with fillings including ground meat or turkey, then oven-baked.

NUTRITION INFORMATION

- ½ cup of raw, chopped, or cooked green peppers counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of green peppers provides 100% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Keep green peppers away raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.
- Rinse green peppers well before eating fresh or cooking.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (75g) fresh green peppers, chopped

Amount Per Serving

Calories	15	Calories from Fat	0
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	0mg	0%	
Total Carbohydrate	3g	1%	
Dietary Fiber	1g	4%	
Sugars	2g		
Protein	1g		
Vitamin A	6%	Vitamin C	100%
Calcium	0%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet.

SPICY GREEN PEPPERS & GROUND BEEF**MAKES 6 SERVINGS****Ingredients**

- 1 pound ground beef
- 2 cloves garlic, crushed
- 1 cup water
- 1 cup tomato sauce, low-sodium
- 1 can (about 14 ounces) diced tomatoes, undrained
- 1 green pepper, washed and cut into ¼ inch strips
- 1 medium onion, chopped

- 1 teaspoon Italian seasoning
- ¾ teaspoon black pepper
- 2 cups rice, cooked

Directions

1. In a large skillet, brown the beef and add garlic; drain and set beef aside in separate bowl.
2. In the same skillet, combine water, tomatoes, green pepper, onion, Italian seasoning, and pepper and bring to a boil.
3. Reduce heat and cook, uncovered, until vegetables are tender.
4. Stir in rice and beef and heat through.
5. Cover and bake for 30 minutes.

Nutritional Information for 1 serving Spicy Green Peppers and Ground Beef

Calories	340	Cholesterol	70 mg	Sugar	5 g	Vitamin C	30 mg
Calories from Fat	100	Sodium	150 mg	Protein	23 g	Calcium	58 mg
Total Fat	11 g	Total Carbohydrate	35 g	Vitamin A	16 RAE	Iron	5 mg
Saturated Fat	4 g	Dietary Fiber	3 g				

Recipe adapted from allrecipes.com, Jan Roat.

ITALIAN OMELET**MAKES 4 SERVINGS****Ingredients**

- 1 can (about 15 ounces) corn, drained
- ¼ cup low-fat milk
- 4 large eggs
- 1 green pepper, sliced into thin strips
- 1 onion, peeled and chopped into small pieces
- 2 tablespoons Parmesan cheese, grated
- 2 teaspoons vegetable oil
- ½ teaspoon salt
- ½ teaspoon chili powder
- ¼ teaspoon black pepper

Directions

1. Preheat oven to 350 degrees F.
2. In a medium mixing bowl, beat the eggs with the milk, salt, pepper, and chili powder. Cover and set aside.
3. In a large skillet over medium heat, cook onion and green pepper until tender, about 5 minutes.
4. Add the corn. Cook for 5 more minutes, stirring once in awhile. Reduce heat to low and stir.
5. Pour egg mixture over the vegetables in the skillet.
6. Cook on the stove top until the eggs begin to set, about 3 to 4 minutes.
7. Sprinkle cheese evenly on top.
8. If the skillet is oven-proof, place in the oven and bake until eggs are fully set, about 7 to 10 minutes.
9. If the skillet is not oven-proof, cover and continue to cook on the stove until eggs are fully set, about 7 to 10 minutes.
10. Remove from oven or stovetop heat and let stand for 1 minute.
11. Cut into wedges and serve.

Nutritional Information for 1 serving of Italian Omelet

Calories	160	Cholesterol	180 mg	Sugar	6 g	Vitamin C	24 mg
Calories from Fat	60	Sodium	310 mg	Protein	9 g	Calcium	72 mg
Total Fat	7 g	Total Carbohydrate	19 g	Vitamin A	76 RAE	Iron	2 mg
Saturated Fat	2 g	Dietary Fiber	2 g				

Recipe adapted from Mrbreakfast.com.